If you find a tick stuck to your body:

Remove it quickly and properly. A grown-up can help you get the tick out of your skin with a tweezers.

How to remove a tick:

1. Grab the tick close to your skin with the tweezers or a tissue and pull straight out.

2. Wash where the tick bit you.

3. Wash your hands.

4. If you get sick after a tick bite, you should go to the doctor.

Can you find the picture of a tick?

a.  

b.  

c.  

d.  

Answer: b

(a. is a fly; c. is a ladybug; and d. is a mosquito)

Don't Let the Ticks Bite

California Department of Public Health

www.ndhealth.gov/disease
800.472.2180

Adapted with permission of California Department of Public Health

Photo credit: fly-Whitney Cranshaw, Colorado State University, Bugwood.org, tick-Gary Ogrey, CDC/DVBID and mosquito-Prof. Frank Hadley Collins, Dir., Cntr. for Global Health and Infectious Diseases, Univ. CDC

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Ticks are found on trees, shrubs or in grassy areas, especially along trails.

Ticks wait at the end of a piece of grass or on logs until an animal or person brushes against them.

After ticks get on an animal or a person, they look for a good hiding place, and so it is hard to see them. Ticks bite and suck blood.

Some ticks give germs to people and pets that can make them sick.

Protect yourself from ticks!

When you hike, camp or play where ticks are found:

1. Wear bug spray.
2. Wear light-colored clothes because it is easier to see ticks on them.
3. Wear long pants and a long-sleeved shirt.
4. Tuck your pants into your socks or boots and tuck in your shirt.
5. Stay on trails.

Ticks are small.

Actual Size of Ticks

Check for ticks!

After you go for a hike or if there are ticks where you play:

- Check everyone in your family for ticks.
- Look hard to find them because ticks are very tiny.
- Ask an adult or another person to help you do a tick check.
- Check your pets carefully.